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say 'Seasons Greetings' with turkey!

and start preparing it early in the day, if not the day before. But today, because turkeys are produced in a wide range of sizes, from 6 to 24 pounds, you can find just the size to suit your needs.

If you're a homemaker who wants a traditional turkey dinner but something smaller or more convenient, then turkey parts or a boneless turkey roast can solve your problem.

A big turkey, one that weighs 16 pounds and over, looks good on the table, provides plenty of tasty leftovers, and is your best turkey buy. These turkeys are usually a few cents cheaper per pound and there is a larger proportion of meat to bone.

Turkey parts—halves, quarters, drumsticks, and pieces — although priced somewhat higher per pound than the whole bird, are excellent choices for small meals when no leftovers are desired.

Your food store will be well stocked with turkey during the holidays. Your best bet in picking out a good turkey is to use the USDA grade shield as your guide. This official grade shield means that the turkey has been quality graded by a trained Federal grader. Only turkeys which have first passed Federal inspection for wholesomeness can be graded.

The top grade for turkey, the one usually found in stores, is U.S. Grade A. Grade A birds have good overall shape and appearance. They are meaty, have a well-developed layer of fat in the skin, and are practically free from defects. Turkey parts, which may also be officially graded, must be meaty and have good appearance to be eligible for U.S. Grade A.

When selecting a turkey, you will also want to know the age of the bird. Age indicates tenderness and suggests ways to cook your turkey.

Young birds—more tender than older ones—will be labeled "young turkey," "fryer-roaster," "young hen," or "young tom." They are suited for barbecuing, frying, broiling, or roasting. Mature, less tender birds, are sometimes preferred for stewing and baking or in soups and salads. They

are labeled "mature turkey," "yearling turkey," or "old turkey."

The amount of turkey to buy depends on the number of servings needed and whether or not you want leftovers. For an average serving you will want to buy at least 1/2 pound of turkey per person—but you'll probably want more for a holiday meal.

To prepare your holiday bird for roasting, just wash and drain it. Stuff it with your favorite stuffing recipe and place the turkey breastside up (skin side up if roasting parts) on a rack in an open roasting pan.

If the turkey browns early in the roasting period, cover the breast and drumsticks with aluminum foil or thin cloth moistened with fat to prevent over-browning.

For a simple holiday meal, try a boneless turkey roast. Turkey roasts are excellent for small families, buffets, and entertaining. They weigh from 2 to 10 pounds and can be purchased as all white meat, all dark meat, or a combination of both.

There is very little weight loss in cooking, and since there is no bone or waste, there are more servings per pound than with whole turkey—allow about 1/3 pound for an average serving. Turkey roasts usually are packaged with cooking instructions which should be followed for best results.

When selecting a turkey roast, look for the USDA quality grade shield. If your roast is U.S. Grade A you can be sure that the meat in it is from young turkeys of Grade A quality. The USDA Grade A shield is also assurance that your roast will look attractive on the table—because a Grade A roast must remain substantially intact when sliced after cooking.

Christmas dinner need not be your only delicious turkey meal. If you have turkey leftovers or "planned-overs," you can create many different turkey dishes.

Your favorite cookbook will provide recipes for simple as well as unusual dishes. Try turkey soup or consomme. Use it in sauces, pies, casseroles, salads, hash, gravy, or croquettes. Turkey makes any meal a treat. □



IT'S CHRISTMAS—let the aroma of roasting turkey set the festive mood for your holiday dinner. Always a favorite because it is so delicious and easy to prepare, turkey has, through long years of American tradition, become our "holiday bird."

To enjoy a turkey dinner in Grandma's day, you had to buy a big bird

it's time to buy Christmas Trees again

By E. W. Ross, Jr.

CHRISTMAS CAROLS, stringing popcorn, hanging stockings, smiles and children's wide-eyed joy—the mirth and festivities of the Yuletide are most often enjoyed around a Christmas tree.

In selecting just the right tree for decorating, most people look for a tree that is healthy, free from damage, and well-trimmed. They generally want a tree that tapers gently from a full bottom and has an ample number of branches for hanging ornaments.

U.S. grade standards for Christmas trees, established by the Fruit and Vegetable Division, Consumer and Marketing Service over a decade ago, can help you choose a tree that has these characteristics. The grade standards require that a tree be:

Fresh—with pliable needles that are firmly attached to the branches.

Clean—at least moderately free of moss, lichen, vines and other foreign matter.

Healthy—fresh, natural appearance for particular species.

Well-trimmed—free of all barren branches below the first whorl and smoothly cut at the butt.

In addition, the specific requirements of each grade are:

U.S. Premium: not less than medium density; normal taper; and all four sides free from any type of damage.

U.S. No. 1 or U.S. Choice: not less than medium density; normal taper; and three damage-free faces.

U.S. No. 2 or U.S. Standard: light or better density; "candlestick," normal, or flaring taper; and at least two adjacent damage-free faces.

Although these voluntary standards are used mainly by the wholesale trade,

they can be used with good results by anyone to determine the quality of a tree. Premium or U.S. No. 1 grades mean high quality. Even a U.S. No. 2 tree, placed in a corner with its "good" faces toward the room, may be very attractive.

A few simple procedures can make the selection of a "perfect" Christmas tree easier.

- Determine where in your home you will display your tree. With this in mind you will be able to tell what height tree you need and whether all four sides must be suitable for display.

- You should select a tree that is the right height for the space you have chosen for it. Cutting large portions off either end will alter the natural taper of the tree.

- Freshness is an important key when selecting your tree. The needles should be resilient, but not brittle. Run your finger down a branch—the needles should adhere to each twig.

- Shake or bounce the tree on the ground lightly to see that the needles are firmly attached. If only a few drop off, the tree is fresh, and with proper care should retain its freshness indoors throughout the holiday season.

- The limbs should be strong enough to hold ornaments and strings of electric lights, and the tree should have a strong fragrance and good green color for the species.

- Check the tree for freshness, cleanness, health, and trimming, and be sure it displays the best qualities for the particular species.

Following these steps should insure a healthy, attractive tree. But the care of your tree does not stop here.

- If you buy your tree several days

before it will be set up and decorated, store it outside. Cut the butt of the tree at a diagonal about one inch above the original cut—this opens the pores and aids in the absorption of water. Place the butt end in a container of water. Sprinkling water on the branches and needles will help retain freshness.

- When you do bring it into the house, saw the butt again, squaring off the diagonal. This facilitates placing the tree in a stand as well as aiding absorption.

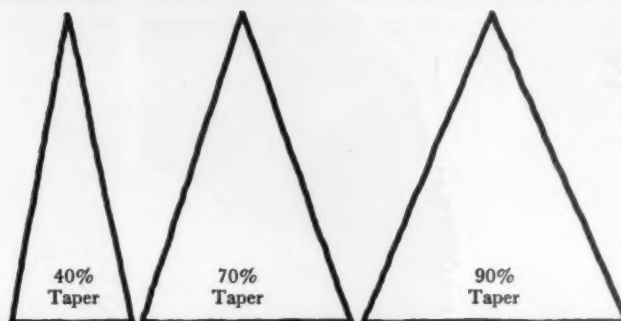
- Keep the butt end of the tree in a container of water the entire time it is in the house. Refill the container daily as the tree requires a lot of water.

- Be sure that the base of the tree is well-supported and the tree is placed away from fireplaces, radiators, electric heaters, televisions or any other source of heat.

- Open flames, such as lighted candles, should never be used on or near the tree. In addition, never leave your home with the tree lights still on.

- The longer the tree is indoors, the more combustible it will become. Check electric light cords for fraying and worn spots that could easily lead to fires. Also do not overload the electric circuits. Be sure to avoid the use of combustible decorations.

Following these care and precaution measures should insure an attractive tree that stays fresh indoors for more than a week, and a holiday season free from Christmas tree mishaps. □



In the U.S. grades, normal taper is 40 to 70% for firs and spruces, 40 to 90% for pines. Tapers greater than these are termed flaring. Candlestick taper is less than 40%.

The author is Assistant Chief, Fresh Products Standardization and Inspection Branch, Fruit and Vegetable Division, C&MS, USDA.



Einar Johansen, (above) Executive Director, chats with the boys outside the club. The boys climb the stairs (right) to go in for dinner.



BOYS' Club builds character with food

THE PURPOSE OF THE BOY'S Club of America organization, with local chapters throughout the Nation, is to promote juvenile decency. This goal is achieved by providing 6 to 18-year old boys, regardless of their race and religion, with an integrated program of recreational and vocational training. This program is designed to create in each boy a lasting sense of cooperation, responsibility, and fairplay.

Recognizing the importance of this character development program, officials of the John Will Anderson Boys' Club in Gary, Indiana, also realized that many of their boys needed more than constructive activity. They needed food.

Without proper nutrition some of the club's 1,800 members simply did not have enough physical and mental energy to fully participate in the activities. As a result, these undernourished boys often failed to accomplish as much as the other more healthy members. They tended to quickly lose interest and drop out of the club.

"No wonder these boys weren't eating right," stated the club's assistant executive director, Stephen Corrao. "Many of them came from families which could not afford to provide the

proper types and amounts of food."

Other members, whose mothers worked, often did not have anyone at home to prepare nutritious meals. "Left on their own," Corrao added, "the boys frequently ate the wrong foods, if they ate at all."

It was to improve these unfortunate conditions that the club sought aid.

"Now, I'm pleased to report, we're beginning to change some of the boys' eating habits for the better," Corrao continued.

The John Will Anderson Club became the first Boys' Club in the country to adopt USDA's Special Food Service Program. In addition, this is the largest nonschool food service program operating in the Midwest. Currently, the club serves approximately 250 nutritious meals daily.

The club began its participation in March 1969 by serving Saturday lunches and between-meal snacks. This food complemented the hot lunches many of the boys received at school during the week.

When school closed for the summer, the boys continued to receive a nutritious weekday meal. At that time the club replaced the Saturday lunch with weekday lunches while still serving

between-meal snacks.

In the fall, when school reopened and there was no longer a need for the club to supply weekday lunches, the club switched to serving evening meals during the week and continued with the between-meal snacks. Also, the Saturday lunches were resumed.

During the first 15 months of the food program, the boys consumed more than 47,000 meals. This included more than 27,000 suppers and almost 20,000 lunches. In addition, they enjoyed about 5,000 between-meal snacks.

These meals, served in the club building, are prepared by a full-time paid cook. She is assisted by club members who volunteer their help.

Boys who can afford it contribute 20 cents for either lunch or supper, and 5 cents for each between-meal snack. This money can be used only to pay kitchen personnel.

The meals are paid for by USDA reimbursement. The Special Food Service Program compensates the club at the rate of 30 cents per meal and 10 cents per supplement or the cost of the food served, whichever is less.

The value of this cash reimbursement totaled almost \$11,000 during the first 15 months of operation.

chief awarded for seed marketing



RECOGNITION FOR HIS expertise in seed marketing has earned Stanley F. Rollin a highly coveted lifetime membership in the Association of Official Seed Certifying Agencies, whose membership represents 44 States.

Mr. Rollin, Chief of the USDA unit that administers the Federal Seed Act, is one of the few Federal officials ever selected for this award. He has been with the Seed Branch for 30 years, 10 of which he has served as chief.

Mr. Rollin's counsel to the association on requirements of Federal and State seed laws was partially responsible for his award. He also worked closely with the association on establishing genetic purity standards for seeds.

The agencies in the association, authorized under State laws, certify seed to advise buyers that it is genetically pure as to variety. Seed certification is handled solely by these agencies at the request of seed producers.

All States have seed laws, and Mr. Rollin's unit works closely with State officials to enforce these laws. Each State employs seed inspectors, who visit sales outlets to obtain samples for testing to determine whether the seed is correctly labeled.

When seed stays in the State where any mislabeling might have occurred, it is considered a State offense. If that seed has traveled into another State, however, it is a violation of the Federal Seed Act.

The Act is administered by the Seed Branch, a unit of C&MS' Grain Divi-

sion. Like State seed laws, it requires that agricultural seed labels show all the information necessary for the buyer to make a wise choice, such as the kind and variety of seed, its purity and germination, and what, if any, "noxious" weed seeds are present.

Somewhat less labeling information is required on vegetable seeds for gardening or truck farming, but they are required to meet minimum germination requirements.

Seeds imported into the United States are sampled at the ports of entry by customs inspectors. They are sent to and tested by Mr. Rollin's unit to see that they meet quality standards set under the Federal Seed Act. □

The Special Food Service Program also aided the club with another form of financial assistance. Before the club's kitchen could adequately prepare and serve all the necessary meals, improvements in its facilities were needed. The Federal Government contributed 75%, or \$5,661, of the total kitchen renovation cost of \$7,076. The remaining amount was obtained from the John Will Anderson Foundation.

The club has received numerous benefits from its participation in the Special Food Service Program. The most important has been the noticeable improvement in the nutritional levels of the boys. The lure of healthful meals has also attracted many new members. In addition, the local community has become much more aware of the value of the club and its importance in helping boys become responsible citizens.

Last year, in recognition of its superior work with this food program, the John Will Anderson Club received one of only 14 merit achievement awards presented annually by the national Boys' Club of America organization. This award is given to those clubs which have performed an outstanding community service. □

plentiful foods for December

IF YOU'RE PLANNING to include turkey and pork in your holiday meals, there's good news for you. USDA's list of plentiful foods for December includes these two popular holiday foods.

The rest of the 16 items on the list for December are: eggs, rice, fresh apples, applesauce, apple juice, fresh cranberries, cranberry sauce, fresh oranges, frozen concentrated orange juice, grapefruit, tangerines, potatoes, onions, and walnuts. □

FOR MEAT GRADING SUPERVISORS IT'S ALL IN A WEEK'S WORK

FLYING FROM ATLANTA to Wisconsin, then stopping for a few days in sunny Texas before heading back to the office would seem like a vacation to most of us. But to the five men who must stay on top of things in meat grading it's all in a week's work.

These men, who work in the Consumer and Marketing Service, are vitally concerned with the USDA grades for meat. They're national technical supervisors, who are responsible for making sure that "Prime is Prime" any place in the country.

That's quite a task, since USDA in the year ending June 30, graded 13.8 billion pounds of beef plus nearly a half billion pounds of lamb and veal.

This job keeps more than 400 Federal meat graders busy in meatpacking plants across the country. With that many individuals using common standards to grade different meat carcasses from different producers at different times, and in many places—problems and questions are bound to arise.

The national technical supervisors are the men with the answers and solutions. They act as a communication link between the Washington office and the area meat grading offices. The national supervisors advise local supervisors on management, coordinate grading ideas and make sure that USDA grade standards and policies are followed to insure uniform grading throughout the country.

Since the beginning of the meat grading program in 1927, graders have used Federal standards of qual-

ity to assign official USDA grades to beef carcasses. These standards are written specifications which define exactly what quality of meat can earn a certain Federal grade.

For instance, the quality grade standards for beef describe such factors as amount of marbling (tiny specks of fat within the lean), color, firmness, texture, and age for each of the official grades. These factors are indicators of the tenderness, juiciness, and flavor of the meat.

While he is in an area, the national supervisor travels to as many packing plants as possible in the region. In each plant, he thoroughly reviews the grading, being particularly careful to note meat that is near the borderline between two grades. For national meat grading to be uniform throughout the country, national supervisors must be sure that graded meat has the qualifications specified in the standards for that grade.

Helping graders and supervisors correctly interpret the standards is a regular part of the national supervisors' duties. They also note any difficulty that graders have in applying the standards, and report such findings to the standardization specialists at national headquarters in Washington, so that standards may be improved.

The national supervisors also assist the local supervisor with any problems he may be having. They check to see that meat graders are being used as efficiently and as effectively as possible and make sure they are consistently accurate. Maintaining this check on the

meat grading program enables USDA to provide continuing high quality service at minimum cost.

These five experts also act as troubleshooters for the meat grading service. At times it is necessary to settle formal appeals from the meat industry. When a packer thinks that the grade assigned to his meat by the local grader is not as high as it should be, he can lodge a formal complaint with USDA.

National technical supervisors serve with other qualified experts on special committees to handle these official protests. There have been, however, very few formal appeals over the last 10 years, since most questions can be settled on a local basis.

Fulfilling the duties assigned to the national technical supervisors keeps these five men moving. Ward Stringfellow, stationed in Washington, D.C., estimates that in one year he flies an average of 40,000 air miles. Earl Mulderink, also in the Washington office, has flown over a million miles to date, to carry out his duties.

The story is much the same for the other three—J. H. Manes, stationed at National Stock Yards, Ill.; Rufus Iager, Denver, Colo.; and Lewis Foster, Bell, Calif.

There is no routine day's work for the national technical supervisors. They are constantly on call—reviewing, explaining, and reporting on the Federal meat grading program for the benefit of livestock producers, buyers, and consumers. □

Packaging must protect meat and poultry products from contamination. Labels must be accurate. Trainee (right) at Omaha training center, in visit to nearby plant, is given "basics" of processed food inspection by instructor.



they're trained so you can eat well

By Dr. M. A. Simmons

WHOLESMENESS OF MUCH of the food you eat is at stake in the training courses that USDA holds for its meat and poultry inspectors.

The sessions, held in eight centers around the country, stress the scientific and practical knowledge that inspectors and veterinary inspectors must have to keep unfit meat and poultry products from reaching your dinner table.

With a host of different diseases affecting livestock and poultry, both the inspector and veterinary inspector must be skilled in recognizing them. Abnormal conditions—which could mean unfit food—often show up only in the organs of cattle, sheep, hogs, and poultry that are removed after slaughter at the packing plant.

The inspectors, who examine each animal or bird, need to be skilled at recognizing what is normal and what isn't. When an inspector identifies what he believes to be an abnormal condition, he calls on a veterinary inspector to rule on whether the meat can be passed for food or must be condemned.

The centers that help to develop these inspection skills are in Ft. Worth, Tex.; Sioux City, Iowa; Los Angeles, Calif.; Omaha, Nebr.; South St. Paul, Minn.; Gainesville, Ga.; Springdale,

Ark.; and Columbus, Ohio.

The Ft. Worth and Sioux City centers offer "slaughter" inspection training, while centers in Los Angeles, Omaha, and South St. Paul provide both "slaughter" and "processing" inspection training. The two kinds of training cover what inspectors need to know about inspecting animals and carcasses before and immediately following slaughter, and what inspectors must know to inspect processed meat and poultry products.

The Gainesville center and the new one in Springdale are strictly for poultry inspection training. The center at Columbus, operated by Ohio State University under a contract with USDA's Consumer and Marketing Service, is used for training inspectors who oversee the production of processed meat and poultry products—sausage, bacon, frozen dinners, canned stews, and the like.

On-the-job training supplements many of the courses, with new trainees getting inspection experience at actual packing and processing plants located in the vicinity of the centers.

On the other hand, inspectors and veterinarians who have worked on the job for many years receive formal training at the centers to keep them

up to date on new inspection techniques, sanitation requirements, and food composition standards developed or revised as a result of technological changes in packing and processing.

Supervisory training is included, as are courses for developing a cooperative relationship with managers and employees of the plants that operate under Federal or State inspection.

Approximately 2,400 individuals were trained at the centers during the fiscal year ending June 30, 1970. Included in this "graduating class" of consumer protectors were 1,000 inspectors and 300 veterinarians employed by C&MS, as well as 890 inspectors and 100 veterinarians employed by inspection agencies of the States and Puerto Rico.

Training of State personnel at the centers is one way USDA has been helping the States develop and improve their own inspection systems for meat and poultry plants that ship products within State boundaries. These plants must, under new laws, be brought under State inspection, or in lieu of it, Federal inspection.

Training materials are geared to special needs. Those for a 4-week "slaughter" inspection course offered to 50 inspectors from Puerto Rico, for instance, were translated into Spanish. A "processing" inspection course taken by 10 Columbian veterinarians had the same treatment.

The Columbians were among 17 inspectors from foreign countries trained at the centers during fiscal 1970. Just as plants in this country that ship meat or poultry products across State lines or do any exporting must be under Federal (USDA) inspection, foreign plants that export products here must operate under foreign inspection programs that are as strict as USDA's.

Other graduates of the centers included USDA and State animal health specialists who work closely with the inspectors to eradicate livestock and poultry diseases.

Inspection skills developed at the centers, supplemented by on-the-job training along packing and processing lines, result in greater health protection for all of us at mealtime. □

The author is Head, Training Group, Consumer Protection Programs Services Staff, C&MS, USDA.

INVITE THE HOLIDAY genie into your kitchen to conjure up a festive, delicious dinner that's sure to please your family and friends. Chances are he'll spotlight ham—that wonderful, versatile meat that makes its own holiday magic.

Garnished with pineapple and cherries, an old-fashioned brown sugary glaze, or whatever your taste-buds and imagination tempt you to try, ham can dress up your holiday table beautifully. And its I'll-have-another-slice flavor blends memorably with so many other favorite traditional foods.

But before you start accepting all those compliments you'll be journeying to the grocer's, and there the wide variety of modern hams may baffle you just a bit. Precooked, smoked, fully cooked, ham with water added: it's enough to puzzle even your genie. So why not take a few minutes now to figure out which type best suits your plans for holiday entertaining.

Basically, hams fall into two categories: those that need cooking before you serve them, and those that don't. Which you should buy depends on how busy your guests, holiday baking, and other plans will keep you.

Hams that you cook yourself can be either fresh or cured. All fresh hams must be cooked thoroughly, as must any other fresh pork. They should be heated to an internal temperature of at least 170°F. before serving for best flavor and texture.

Cured hams—the type you'll most often find on the market—should be cooked according to the directions on the label, usually to an internal temperature of 160°F. Cured hams require less cooking time because in the curing process they are injected, during a heating process, with a special solution which maintains normal meat color and flavors the meat.

Some hams which have been cured are also smoked, and their labels say so. Smoking gives ham that distinctive flavor many people associate with "country-style" hams, and involves hanging the cured meat over burning hardwood—often hickory. Labels on hams inspected by USDA's Consumer and Marketing Service can't say a ham is "hickory-smoked" unless it is.

Smoking also involves heating the

By Genevieve Tayloe

ham to a temperature in the smokehouse sufficient to kill any trichina that may be present. However, cured and smoked hams, unless labeled "fully cooked," still require further cooking to assure good texture and flavor.

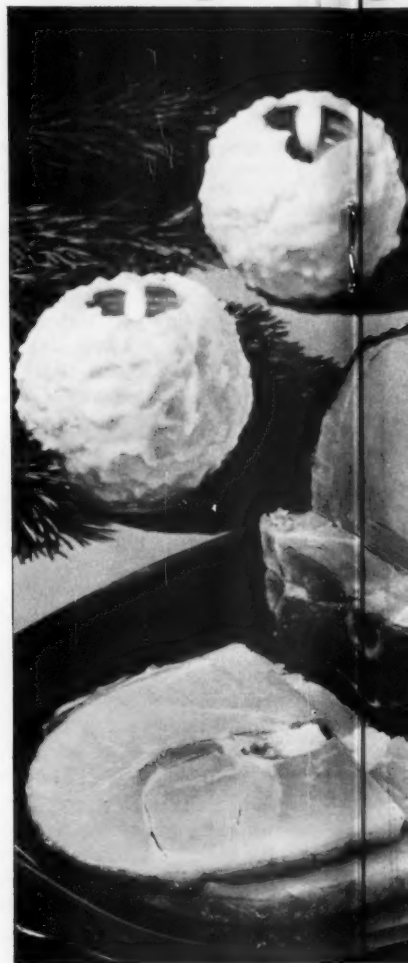
Labels on cured and cured-and-smoked hams that read "fully cooked" tell you that the processor cooked these hams thoroughly. They are ready for you to eat and enjoy. If you prefer them warm, you need only heat them to 130°F. internal temperature. So

they can save you considerable cooking time.

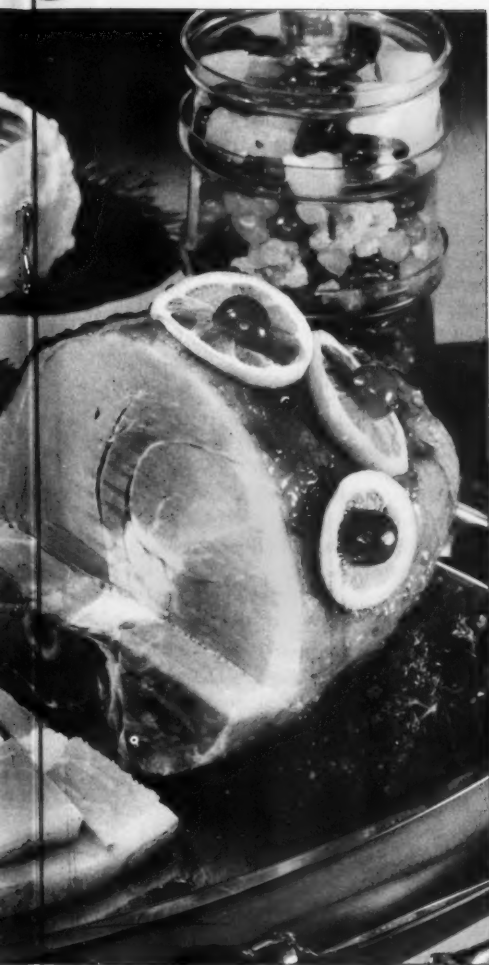
Another time-saving ham for the holiday-busy cook is the ready-to-eat canned ham. All canned hams are fully cooked. And they are usually boneless and skinless, so there is little waste. This may make their slightly higher cost worthwhile.

Cured hams and cured-and-smoked hams may also be purchased boneless, however. And you may occasionally find some marked semi-boneless, when

dress UP a ham for
holiday magic



n for
agic!



part of the bone has been removed.

Whichever type you choose, the label on a federally inspected ham is a valuable guide for you. It must accurately list the correct product name, ingredients, firm's name and address, establishment number, and net weight of the edible contents of the package. The net weight of a canned ham includes the dry gelatin used to hold the cooked-out juices.

"What about that label that says 'imitation ham'?" your genie asks.

"Imitation hams" are hams which contain more than 10 percent added water after the curing process. USDA regulations require that they be labeled accordingly.

Hams containing 10 percent or less added water after curing must be labeled "ham—water added." If they don't contain any added water, they are labeled "Ham with (natural) Juices, Gelatin Added." It's part of C&MS' efforts to let shoppers know what they're paying for.

Many hams are labeled "keep refrigerated." Be sure to buy such hams only from a refrigerated case, and to keep them the same way once you get them home.

Many companies also offer storage hints, cooking directions, serving suggestions and recipes on their labels. These can spark your holiday creativity to try "something different."

Some of the hams you find at your store's meat counter won't be specifically labeled because they have been cut from larger hams. USDA meat inspectors advise that in this case you assume the ham is the cook-before-eating kind, and prepare it accordingly.

The whole ham, which is the upper part of the hog's hind leg, is frequently cut into several smaller pieces after it leaves a federally inspected plant. If the ham is cut in half, for example, the upper, meatier, rounded half is marked "butt half," and the lower, slightly pointed half is labeled "shank half."

Sometimes the meaty center slices between the shank and butt are removed by the butcher for separate sale. When these slices are removed, the shank section must be labeled "shank portion (or end)" and the butt section, "butt portion (or end)."

Wow! No wonder even your genie could get confused—that is, if he didn't understand the USDA requirements for accurate labeling of inspected hams.

Now, both you and your genie are ready to select the ham that best suits your family's needs and tastes, and conjure up some of that special ham-for-the-holidays magic of your own! ☐

The author is a home economist, Labels, Standards and Packaging Branch, Technical Services Division, C&MS, USDA.

Consumers—do you know?

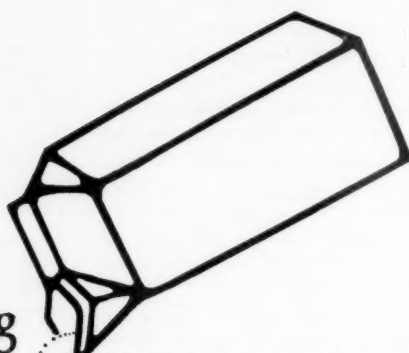
'TIS THE SEASON TO be jolly . . . and to entertain with festive holiday buffets. Be sure your meat and poultry dishes stay safe and wholesome for family and friends: keep hot foods hot—and cold foods cold.

Allowing foods to sit for several hours at medium-warm temperatures as guests drop by can lead to bacterial growth and danger for those who eat. Use serving dishes that keep foods well heated (above 140°F.), and cold foods properly chilled (below 40°F.). USDA meat and poultry inspectors advise, to assure successful and safe buffet entertaining. ☐

STOP! DON'T LET the hustle and bustle of your holiday kitchen keep you so busy you forget to wash your hands before and after handling raw meat or poultry and other fresh food products. Otherwise you might unknowingly spread harmful bacteria from one food to the other. And all because you were in a flurry and didn't stop to wash your hands!

For more tips, send for the free publication, "Meat and Poultry—Care Tips for You," (G-174), Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250. ☐

Milk Flow Patterns Are Changing



By Joel L. Blum

THE INCREASED MOBILITY of milk, which now travels by bulk tank truck hundreds or sometimes over a thousand miles from the dairy farm to the dinner table.

- Larger cooperatives appearing on the farm marketing scene, bargaining on behalf of dairy farmers over much wider geographic areas.

- Milk distributors supplying several metropolitan areas with milk packaged at one plant.

- Supermarkets becoming increasingly important in the processing, packaging, and distribution of fluid milk.

- Farmers improving dairying facilities to produce the higher quality milk needed for bottling, instead of milk salable only for manufacturing uses.

These are some of the important de-

velopments in our modern system for marketing milk.

While these and other changes have been taking place in marketing channels, the Federal milk marketing order program, closely keyed to happenings in the dairy industry, has been changing, too.

The Federal milk marketing orders set minimum prices that dealers must pay the farmers who supply bottling milk to a specific marketing area. This leads to more orderly marketing conditions between dairy farmers and milk dealers, and helps assure that a dependable, uninterrupted flow of fresh milk will be available for consumers' day-to-day buying needs.

To look back, Federal milk marketing orders were authorized by a law passed by Congress in 1935, and amended 2 years later as the Agricultural Marketing Agreement Act of 1937.

At the request of and with approval from dairy farmers, the orders caught on and grew steadily. Twenty-eight were in effect by 1947, mostly in the Midwest and Northeast. The number kept increasing to cover additional urban areas across the country, and reached a peak of 83 in 1963.

Then a new merger trend began, and by 1967 the number of orders had dropped to 73. It now totals 62.

New orders added from time to time during the past few years have been more than offset by mergers of existing orders. Meanwhile, although smaller in number, Federal milk orders now cover more of our Nation than ever before.

Three of every four quarts of milk Americans buy for drinking now come from the dealers who get their milk

supply from dairy farmers regularly serving the present 62 Federal milk order marketing areas. The areas where these dealers distribute milk for consumer use encompass most of the Nation's major population centers.

An average of 144,000 dairy farmers during 1970 delivered an estimated 65 billion pounds of milk—about 15 billion half-gallons—to the milk dealers in Federal order markets.

At this first level of trade, as the milk left the farm to enter the marketing system, its value to farmers was about \$3.9 billion based on the minimum milk order prices.

Such is the look and the scope of the Federal milk marketing order program as it moves into its 36th year.

Federal milk orders are initiated at the request of dairy farmers who want them. They are made effective and kept in effect only with approval of these dairy farmers. The orders are then administered by C&MS' Dairy Division.

The orders do not set retail milk prices. Neither do they control production, nor prevent the farmer from selling his milk to any dealer he chooses, if he can negotiate a sale.

But by establishing the minimum prices to be paid by dealers to dairy farmers supplying them with milk, the orders achieve their basic purpose. This is to provide stability at the beginning of the marketing system—as milk starts on its sometimes long trek through processing and distribution channels on its way to the consumer. □

The author is Chief, Program Analysis Branch, Dairy Division, C&MS, USDA.

GONE ARE THE DAYS when sausages were stuffed by hand and most other packing and processing operations were done by nimble fingers. A visit to most meat or poultry plants today would show the age of mechanization at a very sophisticated level.

Advancing technology has had a great impact on the meat and poultry industries as they try to satisfy the ever-changing demands for their products. But advancing technology has also required USDA's consumer protection programs to keep pace.

In the case of mechanization, the Consumer and Marketing Service which administers the meat and poultry inspection program must make sure the modern machinery does not impair the wholesomeness of the products it contacts.

Within C&MS is a team of experts, the Equipment Group, which reviews the design and operation of all new equipment which packers plan to install in any federally inspected plant. State meat and poultry inspection programs must provide for a comparable means of insuring that only suitable equipment is installed in those plants selling only within State borders.

As with many phases of the meat and poultry inspection program, C&MS officials and members of the industry may view the same situation from slightly different angles.

The meat packer contemplating a piece of equipment may ponder whether he needs the item, whether it fits into his present plant layout, whether it will improve product quality, whether it will increase profits, and whether he can afford it.

A member of the Equipment Group, on the other hand, will be asking whether the item is designed and constructed satisfactorily, whether it is made of acceptable materials, whether it can be readily cleaned, and whether it will do the intended job properly.

As the first step in its approval procedure, the Equipment Group requires the prospective user of the equipment

to submit an assembly drawing of the machine and a list of materials which will be used in its construction.

Equipment must be constructed of materials which will not deteriorate under normal use or when coming in contact with chemicals and cleaning agents usually present in a packing plant. In addition, the materials must be shatterproof, non-toxic and non-absorbent.

Stainless steel therefore is an acceptable material. Lead is unacceptable because of its toxicity. Because of a tendency to chip, enamelware or porcelain or painted surfaces may not be used on equipment where they come in contact with a product.

The assembly drawing will indicate how easily the device can be kept sanitary. For example, all surfaces which contact the product must be readily accessible for cleaning. That area of the device which contacts the product, the "product zone," must also be free of recesses where food could accumulate and allow bacterial growth. Any corners or ledges in the product zone must be rounded to facilitate cleaning.

The assembly drawing will also indicate how easily the device can be dismantled for thorough cleaning, an important factor in approving any equipment which will contact food.

Generally, a new device is approved for a trial installation in a plant. A Federal inspector can then observe the machine under actual operating conditions. If necessary, he will recommend to the Equipment Group remedies for any "bugs" in the device.

Even after final approval is granted, the inspector will remain watchful for any problems. Procedures also provide for obtaining approval of "one of a kind" equipment that may be built in a plant for use in that plant only.

A packer planning to expand or modernize his operation needs to know whether a piece of equipment is approved by C&MS. To assist packers or processors in making their equipment purchases, the Equipment Group has

recently issued a list of those devices which are approved for use in federally inspected plants.

Copies are available from the Equipment Group, Technical Services Division, Consumer and Marketing Service, U.S. Department of Agriculture, Washington, D.C. 20250. □

The author is Head, Equipment Group, Technical Services Division, C&MS, USDA.

By Bartie T. Woods

**Wholesomeness
Advances
with
Modern
Machines**



food for a migrant child





Children of migrant workers (far left) enjoy recess at the playground of the Rising Star Baptist Church in Woodstown, N.J. These kids (lower left) are frolicking in the field during recess at Stow Creek Elementary School, near Woodstown, N.J. After recess (left) they return to classes.

DAWN 'TIL DARK is the working day for thousands of people who till the soil and harvest the Nation's crops. Peak demand for agricultural labor is at harvest time, when the supply of local workers often is augmented by "migrants."

Concern for the welfare of workers whose home is "where the work is" long has been manifest. Initially focus was on the plight of infants and other preschool children. Child care centers first came into being to provide a sanctuary for tots who otherwise would have to be taken along and left pretty much to themselves while the parents worked nearby. Increasing community involvement and volunteer contributions over the years led progressively to day care and now child development centers.

Language difficulties can contribute to a lack of understanding and confidence in care facilities available. But food has universal appeal, and knowledge that their children will be well fed during the day is the key to breaking down uncertainty and doubt in most parents' minds.

Aside from charitable donations and contributions of volunteer workers, food, and cash assistance provided by USDA's Special Food Service for Children often is what makes operation of these centers possible. A notable project in the Pacific Northwest, operating

nine child development centers in six counties of Washington State, cares for an average of 400 children. "Without the food, we wouldn't be here," says the supervisor.

Migrant families came to New Jersey last April and left in October. During school months their children attended regular public school. And in the summer the State Department of Education's Migrant Programs administered 19 schools for some 4,000 migrant children, assisted by cash grants and technical guidance from USDA and the Department of Health, Education, and Welfare. These schools operated from mid-June to mid-August, using classrooms and cafeterias in regular schools.

An active volunteer program collected donated clothing, play equipment, and other materials useful in the schools or day-care centers.

Children of 4 and 5—sometimes even 3-year-olds—went to the summer schools. All school-age migrant children were eligible for the special program.

On weekdays the children were picked up by school buses at about 7 a.m. and taken to school. At 8 o'clock they got a breakfast of hot cereal, eggs or dry cereal, milk, and fruit or fruit juice.

Grouped by achievement levels and educational needs, the children at-

tended classes until 11:15 or 11:30, when it was lunch time. A typical menu: hamburger loaf, buttered rice, string beans, orange juice, bread, butter, milk, and raisins to be eaten out of the hand.

Next, more classes and at the end of the day, a light, snack-type meal. By 4:30 the children had been bussed back home.

Almost every week the children got handy, nutritious bag lunches from the cafeteria to take swimming, and on trips to the zoo, tours of industrial plants, and other outings.

A principal of one school reported proudly on the accomplishment of two of his boys from migrant families who had attended a session of a YMCA boys' camp. "Two of the boys from this school won the highest 'best all-around camper awards at the closing ceremonies of the camp.'"

Summer records were maintained for each child and forwarded when necessary to other schools on the harvest route and to the schools back in the migrants' home states. Reports of physical examinations, eye tests, dental checkups, and inoculations were kept, following the children along the way.

When arriving at a new work area, many of the migrant families immediately registered their children for the migrant school. They learned about the program through material distrib-



uted by their crew leaders or labor contractors, who had been informed about the program by State officials early in the spring.

Delaware also has been operating a summer program for children of migrants. During the past few years it has emphasized meal service and nutrition education.

The State Department of Public Instructions in cooperation with the Smyrna, Capital, Milford, Cape Henlopen and Indian River School Districts reached well over 600 of these youngsters out of a potential of 1,000 last summer.

The children's day began at the crack of dawn with a bus ride to one of the five summer program schools, where a nutritious breakfast awaited. A typical morning meal: tomato juice, scrambled eggs, bacon, toast and butter, and hot cocoa.

From there it was on to such culturally and educationally enriching experiences as music, art, nature studies, field trips and movies.

A portion of each day was devoted to nutrition education. At these classes youngsters learned about foods many of them might never have heard about or seen before. They learned by drawing different foods as well as making cut-outs for classroom displays.

In one class the teacher had a variety of produce which she used as training aids. The children were taught how to recognize various items, and then had a chance to examine each individually.

Mealtime served as a further learning experience. It was at this time that the children developed tastes for vari-

ous foods—many of which were completely new to them. Some were reluctant at first, but the roll of "clean platters" increased steadily.

Menus were changed daily and all met USDA's standards for nutritionally balanced meals. A typical lunch consisted of baked chicken with gravy, fluffy rice, mixed vegetables, cantaloup, bread and butter, and milk.

The activity-filled day ended the way it began—at the school dining room. Supper was a favorite among the youngsters, since it included such things as peanut butter sandwiches and tempting desserts.

As a result of \$206,000 received by Delaware last summer under Title I of the Elementary and Secondary Education Act, this program was made available to all children free of charge. In addition, the Department of Public Instruction through the USDA's Food and Nutrition Service subsidized a portion of the food costs under the Special Food Service Program. Donated foods from USDA were also available to the summer schools to help keep food costs down.

The success of this program to a large extent can be attributed to Camille W. Jacobs, who supervises the Education for migrant children in the Department of Public Instruction.

The first step was to get word to the migrant parents by contacting crew leaders or labor contractors, who recruit migrants each spring in Florida to work on Delaware farms. They distributed informational circulars to the parents who could then take steps to have their children benefit from the program. □

out of the migrant stream!



It's sheer fascination for these children of migrant workers (upper left) as they "discover" produce grown at nearby farms during a nutrition education class at the Milton (Delaware) Elementary School. Preschooler (lower left) enjoys a sandwich and soup for an afternoon snack at Rising Star Baptist Church. Many of these children are from families of migrant farm workers. Playtime at Stow Creek Elementary School (right), where children of migrant workers come for summer school.



MRS. PHYLLIS MALTOS is a good example of a career worker in child development who came out of the migrant stream. She was born in Hardin, Montana, one of eight children. Her migrant parents of Mexican descent worked the crops of Arizona, California, Oregon and Washington. Mrs. Maltos was in the second grade when the family eventually "settled" in the Yakima Valley (Wapato). She attended school there, graduating from Toppenish High School in 1953. She then married, and lived in Yakima while her husband attended barber school.

Her first volunteer work with the families of migrant workers was through a Kennewick church group in 1960-61, and her first paid employment was with the Washington Citizens for Migrant Affairs beginning in 1967 when she became supervisor of the Tri-City Migrant Child Development Center in Pasco.

Herself the mother of seven children now ages 5 to 15, Mrs. Maltos found time to supplement her education with courses in nutrition at the Columbia Basin College, and in 1969 became assistant child development specialist for Northwest Rural Opportunities.

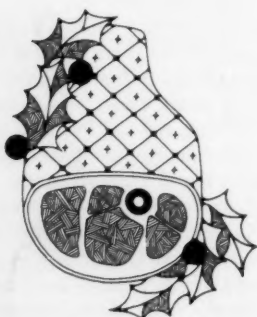
Funded since 1965 by Office of Economic Opportunity's migrant division, Northwest Rural Opportunities has a six-county service area in southeastern Washington with headquarters in Pasco. In addition to the care of preschool children, projects embrace adult education including "ESL" (English as a Second Language), reading, writing and arithmetic; vocational training, self-help housing, and economic development. □

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COVER STORY

A ham can dress up your holiday table beautifully. Here are some tips on what to look for when you select one. See page 8.

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